Top Tips for Staying on Track

1. Do something you like – If you hate it, you won’t stick to it. Try different types of exercise until you find something you enjoy.
2. Make a plan – Set time aside everyday to exercise. Book it in your diary like you would any other appointment and make sure you make it a priority.
3. Start Small – Exercise isn’t “all or nothing”. Start with a little and build up gradually.
4. Mix it up – Change up your routine to stave off boredom and keep it exciting.
5. Buddy up – Being active with a friend, family member or partner increases the likelihood that you’ll stick to it.
6. Get the right advice – If you’re unsure of where to start, talk to a professional.

How Much is Enough?

Doing any physical activity is better than doing none.

See the government guidelines below: